

The Camp Abilities Newsletter

The “CAN”

Volume 15 Issue 3

Alyssa Poawui, Editor

Tuesday July 2, 2019



“Believe you can achieve!”

“The CAN” (Camp Abilities Newsletter) is dedicated to the memory of Dr. Janet Joseph, “The CAN” founder and Lauren Lieberman’s mother. “The CAN”, as in, yes **YOU CAN!**

What's Going On

<p style="text-align: center;">Yesterday 7/1</p>	<p style="text-align: center;">Today 7/2</p>	<p style="text-align: center;">Tomorrow 7/3</p>
<p>The athletes were able to get to know the members of their team more as they did many different sports like track, swimming, SUP, Disc Golf, and Goalball. Later, they went to lunch and FOB. Then the athletes were able to play Soccer, Beep Baseball, Tandem, and work out during Fitness. After that, they enjoyed dinner and afternoon activities and then party with Terry Kelly.</p>	<p>Today the Busy Yellow Bees and Leaf will be able to go swimming, run at the track, play 5-a-side soccer, and beep baseball. The Blue S A & Blue K, and the Cool Kids will play disc golf, go to the canal for SUP, play goalball, work out during fitness, and ride on tandem bikes today. After these fun activities, the athletes will be able to try many different things like fishing, arts-and-crafts, and our drum circle today for night time activities.</p>	<p>Tomorrow the Busy Yellow Bees and Leaf will be able to go to the canal for SUP, play some goalball, play disc golf, ride some tandem bikes, and workout during fitness. The Blue S A & Blue K, and Cool Kids will be going to track, swimming, beep baseball, and soccer. All groups will also be able to go bowling!</p>

Care to Share

Yellow (The Busy Yellow Bees):

Hayden L - Today during swimming Hayden was able to do a back float all by herself.

Riley E - Today Riley tried soccer for the first time.

Ted C - Ted did 3.5 laps today and went kayaking as well.

Chantal G - Chantal did 9 laps in the pool today.

Green (Leaf):

Maxwell S - Today max ran a 7 minute and 30-second mile during Track (which is 41 seconds shaved off his PR)! And after swimming today he "can't feel his legs."

Mackenzie B - Today during soccer Mackenzie scored a goal in 14 seconds during one of the soccer dribbling drills.

Braiden W - Braiden did 11 miles on the tandem bike today and wished that "everyone had a good day!"

Kiana Y - Kiana did 6 laps in the pool today.



Red (Cool Kids):

Logan W - Today Logan went canoeing with Coach JJ. They splashed each other while the canoeing rocked back and forth. They were laughing and rocked the canoeing a little too hard, and they fell into the water as Coach JJ said: “Logan noooo!” As their life vest helped them float on the water a burst of laughter came out of them.



Jimar M - Jimar got up and said a joke about “joes” and his friends burst into laughter.

Krystie S - Krystie did 26 laps at tandem biking today.

Blue (Blue S A & Blue K):

Faith M - Today Faith did 33 laps on the tandem bike with her coach and they had a blast!

Zachary S - Last night, Zach went up on the high ropes course and he felt “just like a monkey.” Today was Zach’s first time ever on a single bike.

Donovan C - Donovan did 14 laps on the Tandem bike today.

Zachary K - He screamed “BOO!” and made the whole camp jump and then laugh.

Jack B - Jack is proud that he did two pull-ups independently and we are proud of him!

Ollie B - Ollie did 54 laps at tandem biking today.

Sonali S - Today Sonali did 34 laps at tandem biking; 30 with her coach on the tandem and 4 by herself.



Chow Time!


By: Helen Weinheimer

There are Democrats and Republicans, New Yorkers and New Zealanders, but the one subject we can all agree on ...the food at Camp Abilities is GREAT! There are two women, Pam Maryjanowski and Helen Root, who make it all happen. During the winter months, Pam is an elementary school phys ed teacher and Helen operates an apple farm and manages a trucking company. But they start camp preparations in mid-winter already and focus intently through to the end of camp. By February each year, they begin corresponding with the Lions and Kiwanis Clubs about meal contributions and service, with the University about facilities, with the Board of Health about compliance, and so on. A great deal that we don't see goes into making the camp season run smoothly.

Pam and Helen are sisters-in-law. They have been partnering for 9 plus years to plan schedules, develop menus, order supplies, set up our food areas, collaborate with the service clubs, oversee the preparation and service of food for more than 200 campers, counselors, specialists, motivational speakers, and visitors. Every day, there are three meals and three snacks, all well balanced and tasty. What an incredible job!

Pam and Helen balance each other and happily share that they have had a wonderful time being part of the Camp family. Their relationships with suppliers and service clubs have benefited our campers and staff, many with special preferences and dietary needs.

The ladies are retiring this year. Michele Myers, pictured in the middle, is learning the ropes for next year. They have a binder of policies and procedures that will be handed on. It will be sad to see Pam and Helen retire, but they will leave us with great memories and warm thoughts. Thank you for all you have done to sustain our bodies and our hearts.





Camp Abilities Theme Song by Hans Mayer

A Loss of Sight is not a loss of vision

If you believe you can achieve

You are strong you are able, you can do most anything

You can run, ride a bike, You can climb you can hike

You can tumble you can swim

You can catch, you can throw, You can practice with a bow

If there's a lake you can jump right in

Repeat above

Come along to Camp Abilities

Where you can play and grow

You are strong, you are able

Come on and sing our song

I can run, ride a bike I can climb, I can hike

I can tumble, I can swim

I can catch, I can throw I can practice with a bow

If there's a lake I can jump right in

Come along to Camp Abilities

Where you can play and grow

You are strong, you are able

Come on and sing our song

You are strong, you are able

Come on and sing our song



The CAN is your newsletter. It is interesting because of YOUR contributions. Come talk to Alyssa at breakfast, lunch, or dinner with your amazing accomplishments so she can put it in the newsletter!

